



Ralph Goldswain, adjudicator Aamer Hussein, Keith Martin, Rosemary Fisher and John K Jones at The Bull. Photo by Erni Rodis.

Local Writer Wins Prize

By Daphne Chamberlain

Ralph Goldswain, co-founder of East Finchley Writers Group, won equal third prize in the Barnet Borough Arts Council Short Story Competition, 2002.

First and second prizes also went to Finchley residents, Keith Martin and John K Jones respectively, while the other third prize was awarded to Rosemary Fisher of New Barnet.

There were 45 entries from around Britain and one from Abu Dhabi. The adjudicator was Aamer Hussein, author, London University lecturer and past judge for the Independent's Foreign Fiction Prize. Mr Hussein presented

the prizes last month at the Café Bar Poetry Club in the Bull Theatre, Barnet.

After the presentation, the prizewinners read their stories to the audience.

A twist in the tale

Ralph, who specialises in short stories with a bizarre twist, has had several of them published, but they are generally not quite short enough for *THE ARCHER*. However, he may not be able to resist a challenge.

The East Finchley Writers Group meets on Wednesdays, 6.30-8pm, when Ralph and friends share their work and offer advice and encouragement to others.

Entry forms for the BBAC

Poetry Competition are available now. Please contact 020 8446 7989 for details. Closing date for entries is 20 September 2003.

Long Distance Sparks

By Michael Christodoulou
George Emorfopoulos has been employed at East Finchley Electrical for just over a year now, since coming over from New Zealand to seek work and explore the English culture and sights.

George is a very keen athlete and this year he managed to get a place in the London Marathon, which he completed in just under four hours. By his standards, this was not his best but he was happy to reach the finishing line. This achievement has resulted in his raising £1,800 for the *Lets Get Kids Going* charity.

George was born in Greece but was brought up in New Zealand where he had various occupations ranging from grocer to construction foreman and courier and we hope he will continue to work for us as he plans to be here for a few years yet.

Reiki - it's Love, My Deer

By Daphne Chamberlain

Kajsa Krishni Borang was once described as a "deer's mum". Krishni, who lives in Park Hall Road, is also a Reiki Master.

I had first experienced Reiki, an ancient hands-on healing system, a couple of months before meeting her. Run-down after a stressful time, and unsure what to expect, I lay on a table for about an hour, while my practitioner rested her hands on me in a series of still positions. That was all.

Thinking that there was nothing in this for me, I was stunned by what happened next. At the end of the session, I suddenly felt absolutely elated. The strangers I smiled at on the way home probably thought I'd won the Lottery or had hit the bottle, but there was no hangover. In the following days I was calmer, more able to prioritise and see things in perspective, and much more energetic. Since then I have been learning how to treat myself and others - which is how I met Krishni.



Krishni in the 1970s.

Healing energy

Reiki, a tradition rediscovered by a Japanese after two thousand years, is learned by personal transmission from a Master. Krishni was in an Indian ashram, looking after deer, when she met her Master. The deer became sick, and a fellow Swedish woman visitor introduced her - and them - to Reiki. Like most animals, the deer responded well, and

Krishni had found her life's work.

Reiki, she explains, is channelling healing energy from the universal life force. "For me," she says, "The essence of Reiki is love." Beneficial to giver and receiver, it boosts the body's own healing resources, working particularly well on emotional problems and muscle tension or inflammation. People should not, however, necessarily expect a miracle cure. She advises booking three sessions to begin with, allowing the energy to work at a progressively deeper level.

Krishni, a former psychology student in Stockholm, has also trained in the Alexander Technique, Qigong, massage and acupuncture. She can be contacted on 020 8444 5013, - or visit her website on <http://www.krishni.force9.co.uk>. For a directory of Reiki Masters, see www.reikialliance.org.uk.

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